

# YOGA



In this class you will learn concentration, awareness, relaxation and meditation for your whole body. Through proper breathing and relaxing stretches we will properly align your body and mind, leaving you feeling revitalized.

**Class Time:**

Tuesdays @ 12:00pm

**Registration Fee:**

\$18 Residents  
\$21 Non-Residents  
6 Week Session

**Class Time:**

Wednesdays @ 7:15pm

**Registration Fee:**

\$18 Residents  
\$21 Non-Residents  
6 Week Session

**Class Time:**

Wednesdays @ 6:00pm

**Registration Fee:**

\$18 Residents  
\$21 Non-Residents  
6 Week Session

**Class Time:**

Thursdays @ 7:30pm

**Registration Fee:**

\$18 Residents  
\$21 Non-Residents  
6 Week Session

**Register @ The Greenwood Community Center**